

**AMENDMENTS TO THE SPECIFICATION:**

Please amend the specification by inserting after the title and before the first line the sentence:

**Cross Reference to Related Application**

This is a divisional application of U.S. Serial No. 09/686,051, filed October 11, 2000, the entirety of which is incorporated herein by reference.

Please delete the Abstract on page 16 in toto and replace with the following new Abstract:

**Abstract:**

A board for gliding that has an underfoot zone for receiving the foot or feet of the user that extends toward the front of the board by a tip zone and to the rear of the board by a heel zone. The board further including a lower assembly containing a protective layer and reinforcement. An intermediate core is located between the two assemblies. A plate is located in the underfoot zone that is displaceable in the direction of the lower assembly by foot pressure exerted by the user. A rigid arm is mounted in the board transverse to the core so that one end of the other end bears upon the underside of the plate. Forces exerted by the user on the upper surface of the board are transmitted to the lower surface of the board by the ends of the arm.